Sunrise System® Dawn Simulato

the natural, stress free way to wake up

www.morningsunrise.com

SRS

IMPORTANT SAFETY INSTRUCTIONS

1. Read these instructions.
2. Keep these instructions.
3. Heed all Warnings.
4. Follow all instructions.
5. Do not use this apparatus near water.
6. Clean only with a damp cloth.
7. Do not block any of the ventilation openings. Use in accordance with the manufacturers instructions.
8. Do not place near any heat sources such as radiators, heaters, stoves or other apparatus (including amplifiers) that produce heat.
9. Do not disregard the safety purpose of the polarized or grounding - type plug. A polarized plug has two blades with one wider than the other. A grounding type plug has two blades and a third grounding prong. The wide blade or the third prong is provided for your safety. If the provided plug does not fit into your outlet, consult an electrician for replacement of the obsolete outlet.
10. Protect the power cord from being walked upon or pinched, particularly at sockets and the point where they exit from the apparatus.
11. Only use attachments / accessories specified by the manufacturer.
12. Unplug the apparatus during lightning storms or when unused for long periods of time.
13. Refer all servicing to qualified service personnel or the manufacturer. Your warranty may be affected if you dismantle the product. Servicing is required when the apparatus has been damaged in any way, such as power supply cord or plug damage, liquid has been spilled or objects have fallen into the apparatus, the apparatus has been exposed to rain or moisture, the apparatus does not operate normally or has been dropped.

Sunrise S

Introduction

Thank you for purchasing the Sunrise S
enjoy the relaxation benefits and many
and stress free ways of awakening. The
sunrise and sunset. The sunrise brighten
sunset slowly dims the room, helping th
The SRS 260 has a built in stereo AM/F
player with an external card slot which
music, talking books or a downloaded r

To enjoy the full benefits of your Sunris
particularly the safety information on pa
information at the end of this manual o
The Sunrise System can be set to meet
to look at the full list of features which

Product Features

- Sunrise: simulates a sunrise over a pe
  Set to suit your preference.
- Sunset (sleep timer button): simulate
  Set to suit your preference.
- The SRS 260 has a built in stereo M
  can be used. Wake up or relax to th
  FREE SD card) or your own choice
- SRS 260 comes with a FREE SD card
  sea, stream, thunderstorm, whale son
- Digital FM/AM radio.
- Weather band radio (USA model or
- The audible wake up can be disable
  or radio.
- All functions of the Sunrise System 2
  display to clearly show the function

- Full seven day alarm is provided to allow the user to set different times (if desired) on the alarm for different days of the week. The factory programmed time for all seven days is 07:00am.
- A night light feature has also been included and the night light is user adjustable.
- A security feature that randomly turns the lamp full on and off between the times of 8:00pm and 8:00am can be set to operate when you are away from home.
- Power fail backup is provided on all functions for power cuts to the home electricity supply or if the Sunrise System is inadvertently disconnected.
- Easy to read text display shows time and date, MP3 track, radio frequency.
- The day of the week and Leap years are automatically calculated.
- Option to select a language of your choice. Choose between Danish, English, Finnish, Flemish, French, German, Norwegian, Spanish or Swedish.
- Built in 60W light (E14 socket UK, EU & E12 socket USA) use of daylight bulb optional.
- The SRS 260 is supplied with an energy saving halogen light bulb.

IMPORTANT Safety Instructions
- NEVER immerse the Sunrise System or the wiring of the product in water.
- Do NOT replace the bulb in the Sunrise System whilst the product is connected to the mains power supply. The Sunrise System will retain all settings if there is no power supply to the clock.
- Use ONLY regular tungsten light bulbs or tungsten halogen light bulbs. Do NOT use energy saving fluorescent bulbs or non standard bulbs.

Sunrise System 260 Front and LCD Display Layout

'Down' button
(for dimming light manually)

'Up' button
(for increasing light manually)

Volume

Preset Buttons

Menu Button

Security Mode Button

Alarm Button

Display Control - colour and backlight intensity

Night Light Button
Headphone Socket

Sunset / Sleep Timer Button

Radio AM/FM/WB

MP3 On/Off

Rewind / Tune   Stop / Off   Forward / Tune

4
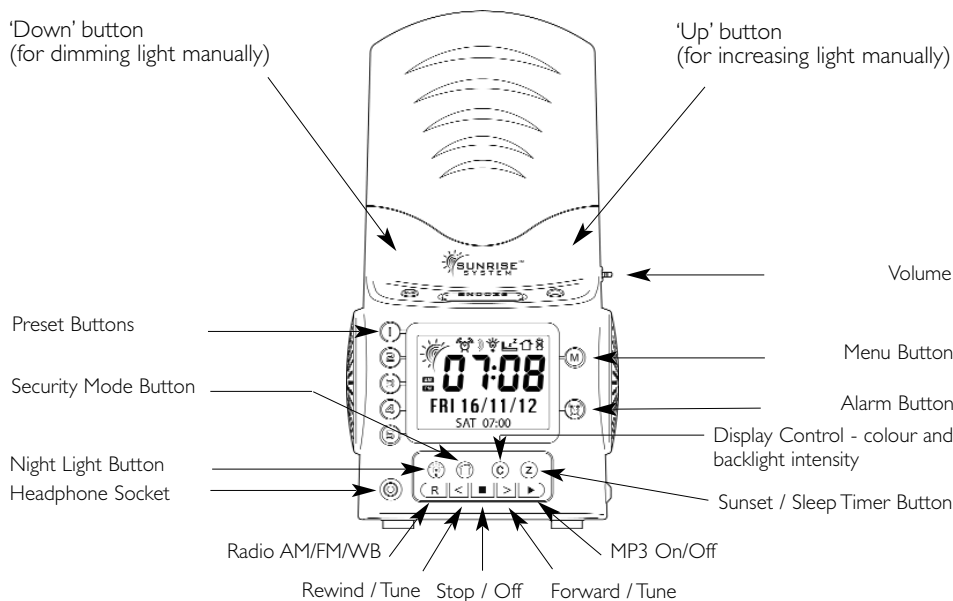
'Down' button
(for dimming lamp manually)

Snooze
to con
buzzer
switch

Setting Up and Using the Sun

Setting the Language
When the SRS 260 is plugged in for the
the user to set the language. The display
up or down buttons to select the requ
and date or press SNOOZE to exit the
set, a factory reset must be performed.
Please Note: The SRS 260 will come o
12 seconds or if you press the zzZ (SN

Setting the Time
Press the MENU button until the displa
current time will also be shown on the
set the clock in 1 minute increments or
10 minute increments. Press the Displa

Setting the Alarm or Sunrise T
The Sunrise System 260 can be set to
natural light progression of the 's' or sig
gradually, gently waking the sleeper. To
display shows MONDAY ALARM TIME
Momentarily press the light up or down
and hold the up or down buttons to se
for each day of the week.

Setting the Date
Press the MENU button until the displa
the year segment flashing. Momentarily
hold the up or down buttons to quickly
and date, the display will show MONTH
To change the date format from Europ
DISPLAY button once whilst setting up
Please Note: The weekday and Leap ye
there is no need to adjust them manua

Setting the Sunrise Duration
Press the MENU button until the display shows 15 MINUTES SUNRISE for example. The Sunrise duration can be set to 15, 30, 45, 60, 75 or 90 minutes. See Setting a Wake Up Sound instruction later in the user guide if you like to wake up with Sunrise and Sound.

Exiting Menu
Press the SNOOZE button or wait 12 seconds.

Using the Night Light
Momentarily press the NIGHTLIGHT button to enable the Night Light, the display will show NIGHTLIGHT ON and the Night Light icon will be displayed. To disable the Night Light press the NIGHTLIGHT button momentarily. Press the NIGHTLIGHT button again the display will show NIGHTLIGHT OFF and the Night Light icon will no longer be displayed.
Please Note: When the Night Light is enabled it will not be possible to dim the light below the preset Night Light level.

Setting the Night Light Level
First ensure the Night Light is off (see above). Press the light up or down buttons to brighten or dim the attached lamp at the required light level then press and hold the NIGHTLIGHT button for approximately 2 seconds until the display will show NIGHTLIGHT LEVEL for 2 seconds and the new setting will be stored.
Please Note: If the Night Light is on it will not be possible to set the Night Light level.

Using the Reading Light
Press the light up or down buttons to set the lamp to the required light level. If the Sunrise has not started or the alarm is not activated pressing the SNOOZE button will switch the lamp on at full brightness or off if the lamp is already on, the display will show LAMP ON or LAMP OFF.

Display Backlight Colour and Light Level
Press the DISPLAY button, the display will show BACKLIGHT together with the current backlight intensity setting. To adjust the display backlight intensity press the light up or down buttons within 5 seconds while the display is showing BACKLIGHT.

Press the DISPLAY button again to cycle through the available backlight colours. To enter a colour change mode, (where colour of backlight changes randomly) press and hold the DISPLAY button until the display shows RANDOM BACKLIGHT. To cancel the random backlight mode, press the DISPLAY button again. The display colour and intensity level will return to the setting chosen prior to entering random backlight mode.
Please Note:
The backlight intensity cannot be adjusted whilst the random backlight mode is active.

Security Mode
Security mode switches the lamp on and off at random times between 8pm and 8am. To enable this feature simply press the security button with the house icon, located on the front panel. The display will show SECURITY ON for 2 seconds, the security house icon will be visible on the display if security is set to ON.
NOTE: If the alarm is ON (indicated by the alarm clock icon on the display) it is not possible to set the security mode.

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Media Card
The SRS 260 can accept SD and SDHC
card into the side of the SRS 260 with
down, pressing inward with a light press
clicks into place, the display will show R
typically takes about 2 seconds but cou
minute with some cards. If the display sh
ERROR then ensure the card is correct
card contacts are clean also ensure the
correctly and that there are MP3 tracks
Please Note: The card must be formatte
FAT32 and contain .mp3 files in the roo
of the card. MP3 tracks in separate fold
be ignored.

MP3 Player
Press the MP3 button to begin playing
matically. If the display shows INSERT C
The display will show MP3 PLAYER tog
example song title, artist and composer
TITLE. Providing the media card has no
disconnected the MP3 will begin playing
current MP3 track being listened to, mo
select a previous or next MP3 track or
MP3 tracks. The display will show the cu
example: 00003 / 00040 would indicate

To stop the MP3 playback press the ST

AM/FM/WB* Radio
Press the AM/FM button to switch on t
and tuned frequency that was selected.
The display will show the selection, 87.5

Press the rewind/tune < or > forward/f
radio band from FM, AM or WB* (weat
* Note: Weather band is only available

To switch off the radio press the STOP

Storing Presets AM/FM Radio
Switch on the AM/FM radio by pressing
tune < or > buttons. Next press and ho
PRESET STORED for 2 seconds.
NOTE: If the preset was previously assi
The FM band has 5 presets and the AM

Storing Presets MP3
Press and hold one of the preset butto
PRESET STORED for 2 seconds.

Recalling Presets AM/FM Radio

Switch on the AM/FM radio by pressing R button then press one of the preset buttons 1 to 5, if the preset has been assigned then the stored station will be tuned.
NOTE: If a preset is empty the screen will show PRESET EMPTY.

Recalling Presets MP3

Press the MP3 button (triangle) and the MP3 player will start, press one of the preset buttons 1 to 5, if the preset has been assigned the stored file will begin to play.
NOTE: If a preset is empty the screen will show PRESET EMPTY.

Listening Volume

To adjust the volume turn the volume control wheel on the side of the Sunrise System forward or backward. There are 16 sound levels from zero. If zero sound is selected (no bars) the speakers will be muted.

Headphone Socket

NOTE: Before connecting headphones turn the VOLUME to a low setting. The headphones must have a stereo 3.5mm plug fitted, DO NOT use a mono plug as damage may occur to the unit. Plug your headphones into the headphone socket on the front of the unit. The speakers will automatically cut out and the sound will be played through the headphones.

Setting a Wake Up Sound

The wake up sound will begin when the Sunrise starts and gradually increase in volume reaching the maximum user set volume at the alarm time. You can set the radio or the MP3 pLayer as your wake up sound or choose not to have a wake up sound.

Setting the radio as a Wake Up Sound

Switch the radio on and tune it to the desired band AM, FM or WB* and frequency. Next set the desired maximum volume. Press and hold the ALARM button until the display shows FM RADIO ALARM SOUND ON, for example. The Wake Up sound selection is now stored. The radio can now be switched off if preferred.
*Note: Weather band is only available on US models.

Setting the MP3 player as a Wake Up Sound

There are three MP3 wake up modes:
1. Continuous Play. Choose this if you wish the SRS 260 to play from the last track played.
2. Repeat Track. Plays from a specific track. Choose this to repeat the same track over and over.
3. Repeat Daily. Plays from a specific track each day. Choose this to start from the same track every day.

To play from a specific track, start the MP3 player and select the required track using the forward < or > rewind buttons. Next set the desired maximum wake up volume. Press and hold the ALARM button, the display will show MP3 PLAYER ALARM SOUND. The MP3 Wake Up sound has 3 different options available from the setup menu, see above. Press MENU until the display shows MP3 ALARM SOUND then press the up or down light buttons to select the way you want the Wake Up sound to play, Continuous Play, Repeat Track or Repeat Daily.

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No Wake Up Sound

Press Stop then press and hold the Alar

Activating Alarm / Sunrise

To enable the alarm, momentarily press
together with the alarm day and alarm
indicate the alarm clock is enabled. The
in an idle condition, i.e. Not in a Set Up
Please Note: If there is insufficient time
set for the following day.

When the alarm has begun to activate
cancel the alarm for the day. The alarm

To switch the alarm clock off (providing
the ALARM button (press ALARM twic
ALARM OFF for 2 seconds and the alar

When the alarm is on, the alarm day ar
MP3 are off, for example MON 07:00ar
will be appended to the alarm time for
When the alarm is activated the sunrise
minutes sunrise duration is selected the

Sunset (Sleep Timer)

The sunset duration can be set in incre
the sleep timer, momentarily press the S
TIMER for example. Press repeatedly ur
the SLEEP button to cancel the sleep ti
flash on the display. If the lamp is on at
sunset duration, at the end of this time

No of Presses of MENU button	Result (First set
1	CLOCK
2	MONDA
3	TUESDA
4	WEDNE
5	THURSD
6	FRIDAY
7	SATURD
8	SUNDAY
9	MP3 ALA
10	YEAR
11	MONTH
12	DATE
13	SUNRISE

Factory Reset Procedure
To reset the SRS 260 back to factory default settings follow the instructions below:
1. Unplug the SRS 260 from the mains supply.
2. Press and hold the MENU button and plug the SRS 260 back into the mains supply while still holding the MENU button.
3. The display will show VERSION 1.00 for example. Now release the MENU button.
4. After a short delay the SRS 260 will start up with defaults loaded.

How do I generate a Sunrise?
The Sunrise works in conjunction with the alarm time, first set the alarm time (see page 5), then choose the desired Sunrise duration from the menu (e.g set to 15 min). Activate the alarm by pressing the alarm button (front right). The Sunrise will start 15 minutes before the alarm time and the lamp will be at full brightness after 15 minutes (when a Sunrise duration of 15 minutes is chosen).

How do I generate a Sunset?
Press the light UP button until the lamp is set to the desired brightness level or press the zzZ SNOOZE button to turn lamp full on. To activate the Sunset just press the sleep button repeatedly until the desired sunset duration is displayed from 5 - 90mins. The lamp will slowly dim and switch off. The sunset time can be set between 5 - 90 minutes. If the radio or MP3 is playing either will switch off after the sunset period.

How do I switch the light off after a sunrise?
Press the ALARM button to switch the alarm off, then press the zzZ SNOOZE button to dim the lamp.

Where can I purchase SD cards and accessories for my Sunrise System?
SD cards, card readers, light bulbs, sleep aids and sleep sound cards are available to purchase online at the Sunrise System webshop: www.morningsunrise.com

Can I use any light bulb in the lamp of my SRS 260?
No, you must use a regular tungsten or tungsten halogen light bulb up to 60W maximum. The Sunrise System will not work properly if an energy saver or fluorescent bulb is used. A daylight bulb of the correct type may also be used. See technical specification of bulb for UK/EU or US model on page 11. Light bulbs and further info available on the Sunrise System website.

Sunrise System Support
You can contact the Sunrise System team and find out more about the benefits of using the Sunrise System dawn simulator by visiting our website: www.morningsunrise.com
You will also find a Q&A section on our website.

Warranty
Gullwing Ltd. warrants to the end user that this product will be free from defects in materials and workmanship in the course of normal use for a period of one year from the date of purchase. Gullwing Ltd. does not accept liability for improper or unintended use of the product. Should you have a problem with your unit, please get in touch with your retailer or contact Gullwing Ltd. via our website or by writing to us.

SRS 260 Default Settings and

Time and date:	EU/UK Models
	US Model
Display colour:	White
Display level:	50%
Volume:	50%
FM:	
WB:	US model only
AM:	EU/UK Models
	US Model
Night Level:	20% approximate
Night Light:	Off
Security:	Off
Alarm Clock:	Off
Alarm Time:	EU/UK Models
	US Model
MP3 Player:	Maximum bit rate
	5 Presets.
Speaker Output:	2.0W RMS (4.0 P
Headphone socket:	3.5mm stereo

Sunrise System Compliance (USA
RoHS and WEEE compliant.

Technical Specifications SRS 260 U
General: For use in USA (European mode
Dimensions: Approximately 5 1/5'' (width
Power supply: 110V-120V AC, 60Hz
Lamp: Tungsten bulb only. E12 Screw Can

Sunrise System Compliance (Euro
RoHS and WEEE compliant.

This equipment complies with the requirem
In demonstration of conformance with the E
Compatibility covered by the above directive

Safety	EN 60335
Electro Magnetic	EN 61000
Compatibility	EN 61000

Technical Specifications SRS 260 U
General: For use in Europe. (USA model
Dimensions: 140mm (width) × 270mm (
Power supply: 230V AC, 50Hz
Lamp: Tungsten bulb only. E14 Screw Can
CE marked. Complied with EMC (2007/

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